DIRECT · EASY

Charcoal-Roasted Brussels Sprouts with Panceta on the Kamado, Seared on Cast Iron

Sprouts halved, cut side down on a cast-iron griddle at 230 °C, with diced panceta (Spanish cured pork belly) and a finish of sherry vinegar and honey. The October-to-March side that loses its bitterness by searing, not boiling.



PREP	COOK	SERVINGS	TEMPERATURE
15 min	25 min	4	230 °C

Ingredients

- **800 g** firm, tightly closed Brussels sprouts, ideally 2 to 4 cm
- **2 cda** extra virgin olive oil
- **2 cda** sherry vinegar (vinagre de Jerez)
- **1 cdta** flaky sea salt
- **30 g** toasted hazelnuts, roughly chopped (optional)
- **150 g** cured or smoked panceta (Spanish pork belly) in a block, cut into 1 cm dice
- **1 ud** shallot, thinly sliced
- **1 cda** orange blossom or rosemary honey
- **0.5 cdta** freshly ground black pepper

Method

1 LIGHT WITH THE GRIDDLE INSIDE

Fill the Konnected Joe's firebox, which does not take a charcoal basket, to the top with Jealous Devil quebracho charcoal, over the automatic fire starter, set up the Divide & Conquer and place the cold Half Moon griddle, smooth side up, on one half, with the standard grate on the other. Light and set 230 °C. The griddle heats up with the kamado, with no thermal shock. Once the chamber has stabilised, leave it another 10-15 minutes so the iron soaks up heat from end to end.

2 PREPARE THE SPROUTS

While it heats, trim the base of each sprout and remove any yellow or loose outer leaves. Halve from top to bottom any over 2 cm and quarter those over 4 cm; leave whole those of 2 cm or less, which go on the grate. Dry them well with a cloth, because surface water boils before it browns. Toss them in a bowl with the oil, salt and pepper, rubbing so the cut face is well coated.

3 RENDER THE PANCETA

Open the lid with burping: lift it about 5 cm, wait about 5 seconds and open it fully, with gloves on and your face turned away. Spread the panceta dice over the griddle and close up. After 3 minutes, stir with the tongs and add the shallot. In 5-6 minutes in all the fat will have rendered and the edges will be golden. Lift the panceta and shallot onto a plate with the tongs and leave the fat on the griddle.

4 SEAR THE CUT FACE

Place the halved sprouts on the fat one by one, with the cut face against the iron. The small whole ones go on the grate on the other half. Close the lid and leave them alone for 6-8 minutes at 230 °C. Moving them earlier breaks contact and the crust does not form. They are ready to turn when the cut face is a very dark brown, almost black at the edges.

5 TURN AND FINISH

Open with burping and turn each half with the 40 cm OXO tongs, which reach the far edge of the griddle without bringing your hand near the iron. Roll the whole ones on the grate a quarter turn. Close up and cook 5-7 minutes more. Test the thickest sprout with the tip of a knife: it should go into the heart with a little resistance, tender but not soft.

6 GLAZE

Stir the sherry vinegar and honey together in a glass until the honey dissolves. Move the sprouts from the grate onto the griddle, return the panceta and shallot, bring everything together and pour the mixture over. Toss with the tongs for 1 minute, lid open: the vinegar boils and reduces and the honey clings to the crust. Do not go longer, because sugar on iron at 230 °C burns quickly.

7 SERVE

Take the griddle out of the kamado with proper gloves, as the handle is at the same temperature as the chamber, or serve straight from it with the tongs onto a warmed platter. Taste for salt, add the toasted hazelnuts if using, and take it to the table within 5 minutes, before the crust softens in the sprouts' own steam.

Editor's tips

- Within each group keep the size even: halves of 3-4 cm sprouts cook together on the griddle, but a 5 cm sprout cut only in half burns outside before the heart is done. That is why anything over 4 cm goes in quarters.
- Do not put wet sprouts, or ones straight from the fridge, onto the iron all at once: water slows the searing and the temperature contrast does the griddle no favours. Dry them and leave them 15 minutes at room temperature.
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For a pork-free version, replace the panceta with 2 more tablespoons of oil and add 1 teaspoon of Vera smoked paprika (pimentón de la Vera) to the glaze: it keeps the smoky note.

- Clean the griddle while still warm with a spatula and hot water, dry it on the kamado as it cools down and give it a very thin coat of oil. The honey's sugar must not stay stuck on from one week to the next.

Gear for this recipe

Kamado Joe Half Moon Reversible Cast Iron Griddle (Classic)

The whole recipe depends on the cut face touching hot metal without moving for eight minutes, and that takes thermal mass. Kamado Joe's reversible cast-iron Half Moon griddle fills half the grate of the 46 cm Divide & Conquer system: the panceta renders and the halves sear on it, while the other half stays free for the small whole sprouts and for air to keep circulating through the dome. Kamado Joe lists it as compatible with the Classic range and with the Konnected Joe. The smooth side is the one that matters here; the ribbed side is for marking, not for searing.

mikamado.es/en/accesorios/kamado-joe-half-moon-griddle-classic

Kamado Joe Konnected Joe

This side means opening the lid five times in twenty-five minutes: panceta, shallot, sprouts, turn and glaze. The Konnected Joe lights the charcoal by itself and its digital controller adjusts the fan to hold the set temperature, so the chamber returns to 230 °C without you touching the vents between openings. It uses the 46 cm diameter and the Divide & Conquer system of the Classic range, which is what allows the half-moon griddle on one half and the grate on the other. Every hot opening, with burping.

mikamado.es/en/kamados/kamado-joe-konnected-joe

Jealous Devil 100% White Quebracho lump charcoal 15.8 kg

Searing on iron needs a bed that gives high, even heat for the whole cook. Jealous Devil's white quebracho charcoal is 100 % quebracho, a very dense wood, hence its name, quiebra hacha (axe-breaker), and it comes in large lumps that let through the air the Konnected Joe's fan pushes. Being lump charcoal, with no binders, it leaves no odd flavours on sprouts that absorb everything floating in the chamber. Like any dense lump, it can spark while lighting: let the Konnected Joe finish lighting it with the lid closed before you open up.

mikamado.es/en/accesorios/jealous-devil-quebracho-lump-charcoal

OXO Good Grips 16" tongs

Turning sprout halves one by one on a griddle at 230 °C, with the kamado dome overhead, is work for precision and distance. The OXO Good Grips 40 cm tongs are just long enough to reach the far edge of the griddle without your forearm passing over the iron, and the tip has enough grip to flip a 3 cm sprout without crushing it or tearing off its crust. They also serve for stirring the panceta and for tossing the glaze in the last minute.

mikamado.es/en/accesorios/oxo-good-grips-pinzas-40cm

Full recipe at: mikamado.es/en/recetas/coles-bruselas-brasa-panceta-kamado

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